

Shifting Vibration Rates - excerpt from Mind - Brain - Body Connection

Simply by shifting your focus of attention into different vibration rates and different brain waves you should be able to shift into a totally different holographic reality field. You should not be stuck within the earth hologram. You should be able to shift to experience a different hologram anytime you desire. Doing so requires being able to maintain the vibration rate of the holographic reality field you desire to shift into.

Human consciousness has been stuck within this earth ascension system for millions of years as a result of the vibration rate human consciousness fell to. That will no longer be the case when this last earth life experience completes.

Shifting your vibration rate to experience different holographic reality fields is as simple as humans now experience when shifting during body sleep mode to experience what humans call dreams. Holographic reality fields are dreamscapes, when compared to the concept humans hold of dreams. The difference being, humans have been programmed to believe that dreams are not real.

The programming that dreams are not real is rather new programming, in this current earth time cycle. Ancient humans did not believe such. They believed their dream time experiences were just as real as their body awake experiences. They were closer to the truth than modern day humans, in such regards. The earth hologram is also a dreamscape, in comparison, but humans have been programmed to believe it is "real", and dreams are not.

It is ALL a process of experiencing "thoughts" within a specific vibration rate. All thoughts seem real when they are experienced. Your body sleep thought experiences (dreams) seem real when you are experiencing them.

It should be rather easy for you to remember your experiences of yesterday. Close your eyes for a bit and recreate your yesterday. See yourself from the moment you awoke to the moment you went back to sleep and follow your path of yesterday's experiences once more.

Was it challenging for you to remember some of your experiences of yesterday? If it was, those thoughts have already become short or long term memories in your DNA. Some of them may have even already been purged from your DNA. When you experienced yesterday you saw all sorts of things around you, such as street signs, or people passing by. Did you include those things when you recreated your yesterday in your brain? Most likely not, because they are not important to your life experience. They are simply part of the background of your life experience.

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Today those thought experiences no longer feel "real". They no longer feel solid. The food you ate yesterday felt solid to you but today it does not. It is the exact same thoughts. The thoughts did not change. What then changed? You changed! Your vibration rate is slightly higher today than it was yesterday. You are now experiencing thoughts in a slightly higher vibration rate so the thoughts of yesterday no longer seem solid to you.

You can imagine your tomorrow, creating your entire day in your brain, but it does not yet feel solid to you. That is because you have not yet reached the vibration rate of your tomorrow. When you close your eyes and imagine thought experiences in your brain they are no different than what you are experiencing in this now moment. The only thing that is different is your vibration rate. Even when you think about what you were experiencing ten minutes ago, it no longer feels solid to you, yet you just experienced it.

When you focus in your brain and think about experiencing different thoughts you are shifting "part" of your conscious energy into a different vibration rate. When you have your body asleep experiences you are shifting more of your conscious energy into a different vibration rate. The current challenge of human consciousness is they cannot yet shift "**all**" of their energy into a different vibration rate. This is what it means that human consciousness is currently stuck within the earth hologram.

You should not be stuck within the earth hologram. You should be able to simply shift your vibration rate and experience any hologram you desire at any moment in time. Consciousness does not fall in vibration rate, or lose energy, simply from plugging into a holographic reality field to experience thoughts at a specific vibration rate. The eternal faces of Source "eternally expand" in vibration rate just as you are experiencing expanding in vibration rate from one moment to the next. Expanding in vibration rate is what creates the feeling of the past moment. The future moment is a vibration rate yet to expand into. Healed expressions of Source do not focus on the past or the future moments. They focus on the now moment. They live in the now moment. They know that they now moment is their point of power. They know that the now moment creates the future moment.

Human consciousness tends to focus on past moments more than they do the now moment. This is because of past thought experiences still programmed in human DNA. They should not still be programmed in human DNA. When they are no longer needed for the current moment, they should be purged from human DNA and simply fade away, just as your body sleep dream experiences do.

Consciousness does not need to sleep. Consciousness does not get tired. Humans experience the human body cycling into sleep mode because humans cycle up in vibration rate, higher than that of the human body

thought form. When the human body cycles into sleep mode, the consciousness of the embodied ray is shifting to a slightly higher vibration rate, and into slightly higher energy brain waves. This is what creates the feeling of being tired and sleepy in the human body thought form.

Human consciousness cannot yet completely unplug from the human body thought form when doing so because they cannot yet shift "all" of their energy into the higher vibration rate and maintain the higher vibration rate. This is a result of loss of energy from fragmentation. The energy they cannot yet shift into a higher vibration rate is what allows the human body thought form to continue to remain slightly animated during body sleep mode. To release completely from the human body thought form requires raising all of the energy plugged into the human body thought form back up to a higher vibration rate. When this occurs, the ray of consciousness can then completely unplug from the human body thought form. That is what humans call physical body death.

When you shift your consciousness into different vibration rates you do not "go anywhere", just as you do not go anywhere now when you shift to a higher vibration rate during human body sleep mode. However, it "feels" like you go somewhere. You may experience a totally different landscape with people and things you have never seen before. You may experience flying through the air or through outer space. Yet, you do not go anywhere.

You may experience seeing a picture image of yourself looking totally different than you do now, and know it is you, but you are not experiencing in the picture image you are seeing that represented you in a different vibration rate. You are "looking at" a picture image that represented you in a different vibration rate. Such experiences are the process of encountering different vibration rates of this earth hologram, ones in which you still looked human. They are thought memories stored in your human DNA. It does not even mean you experienced those thought memories, but that you inherited them in your human DNA.

In other body sleep experiences you do not see yourself, you only know you are the one "looking" at what you are seeing, just as you do not see yourself now, but are the one looking at what you are seeing. In such experiences, most likely you are not even aware of a body "form", but simply self aware that you are the one looking. In such experiences you do not associate "as" a body form but simply as you. It is the same type of experience encountered in what people have called "out of body experiences", which can occur simply by shifting your focus of attention into a higher vibration rate. You no longer associate as a body form, simply as you looking. In such experiences it is even possible to look down, or behind you, and see your current

human body form sitting or lying as you placed it. Such experiences allow you to "know" you are not the human body form.

When we look at someone sleeping we think they are "still here" because we associate them to the human body form that is representing them in this earth hologram. Only a tiny part of their consciousness is still "here", with here being in the vibration rate in which you are looking. That tiny part of their consciousness is what allows the human body form to continue to breathe and the heart to continue to beat, when the body is in sleep mode. It is that tiny part of consciousness that cannot yet be raised into the higher vibration rate they are experiencing within, when the body is in sleep mode. It is that tiny part of the consciousness that still needs to be raised to a higher vibration to release completely from the human body thought form.

If you are awakened from body sleep mode before you cycle through the entire sleep cycle, you will most likely feel disoriented for a bit. Some people will not even awaken fully, especially children and the elderly. You can move many children while they are in body sleep mode and they never wake up or know they were moved. We may even check on sleeping children or the elderly to see if they are still breathing, when in body sleep mode, because their breathing rate can become so slow. This is because most of their consciousness is experiencing in a higher vibration rate. Shifting back into human body awake mode is the process of the consciousness shifting back down in vibration rate more of their energy that was focused in a higher vibration rate.

Consciousness does not go anywhere. Consciousness simply shifts in vibration rate, which is the process of the ray of consciousness shifting in vibration rate. Consciousness does not go anywhere when they completely stop animating the human body thought form, they have simply shifted into a higher vibration rate that is currently higher than the embodied human can maintain and shift to. You may even experience seeing loved ones who have shifted beyond the human vibration rate while in the body sleep mode. If you do, it is because you have been able to shift high enough in vibration and they have shifted down in vibration to create a bridge of energy within which you can communicate.

Humans continue to fantasize about time travel, not realizing that human consciousness is eternally travelling within the illusion of time. Time travel is simply the process of shifting your ray of consciousness into different vibration rates. Every time you shift into body sleep mode you time travel. You are time traveling right now, as your previous moment was a lower vibration rate than your now moment.

When you step into this earth hologram you must "put" part of the energy of your ray of consciousness into the human body thought form to animate the human body thought form. If you did not no one here would

know you are here. Getting back out of the human body thought form is the process of raising the energy you put into it back up in energy, so that you can release from the human body thought form.

You begin the earth life experience by putting a tiny spark of your energy into the baby human body thought form. You grow the baby body to an adult size body by continuing to put more of the energy of your ray of consciousness into the human body thought form. You must then continue to put more of your energy into the human body thought form to raise the energy you put in to grow the human body back up to a high enough vibration to allow you to unplug from the human body thought form.

Some consciousness does not choose to put as much of the energy of their ray of consciousness into the human body thought form. Not doing so makes it easier for them to get back out of the earth hologram because they do not have as much energy in the human form to then raise back up in vibration. Such people may be considered as slow or mentally challenged.

To continue to express as the human body thought form for eternity would require you never expanding in energy beyond the vibration rate that the human body thought form can express within. It would require you to remain trapped within this earth hologram for eternity. You may currently think that is what you desire to do, but such a thought is the result of the fear you hold of the unknown and forgetting that you are Source eternal. It is a result of forgetting that you are not the human body thought form, and that you eternally expand and change form.

At this time human consciousness is working to raise the energy they placed in the human body thought form back up in vibration to merge with their full energy of their ray of consciousness. When that is accomplished, the ray of consciousness stops animating the human body thought form and regains their original vibration rate, which allows for merging back into balance with mind and experiencing the balanced expression of the hologram. When you have merged all of your fragmented energy back into balance with mind you will once again be able to shift into any vibration rate you desire to experience any hologram you desire. You will not go anywhere, you will simply eternally expand in vibration rate and continue to shift up and down in vibration rate to experience holographic reality fields.

You will not become separated from your loved ones as they are "you", they are part of your original ray of consciousness. You will not be able to shift into a different star mind and experience different holographic reality fields until all of you has merged back into your original expression. That is why you have chosen to step into this earth hologram, to collect the rest of your consciousness that fragmented. Those who will continue to do so for the remainder of this ascension cycle are you, stepping into this earth hologram to

continue to recollect all of you. It will not be much longer now that all of the consciousness that fragmented will return to balance with mind and you will once again regain the natural ability to time travel within the galactic time matrix and experience within any hologram you desire. You will do so simply by shifting your vibration rate. You will do so simply via eternally experiencing your thoughts.